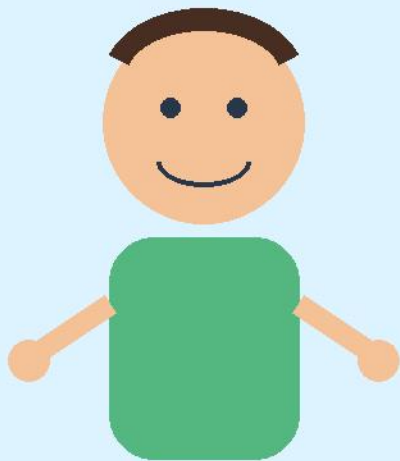


Don't Be Angry

Salaam - Stay Calm!



Take a deep breath. Stay calm.

A gentle hadith lesson for little Muslims

For Kids Ages 3-5

The Hadith

The Prophet Muhammad said:

لَا تَغْضَبْ

This means:

Do not get angry.

Narrated by: Abu Hurairah (RA) - Sahih al-Bukhari

The Prophet taught us to be calm and patient.

Breathe

Stay calm for Allah



When You Feel Angry



What Can I Do?

Take a deep breath.

Stay quiet for a moment.

Use gentle words.

Ask Allah to help you.

Allah Loves Patience

A patient child tries to stay calm.

Allah loves people who are patient.



A Little Story

Bilal was playing with blocks.

His tower fell down, and he felt upset.

He wanted to shout.

Then he remembered the hadith: "Do not get angry."

Bilal stayed quiet and took a deep breath.

He felt better and built again.



Let's Practice!

When I feel angry, I can:

- 1 Stop for a moment**
- 2 Take a deep breath**
- 3 Stay calm**
- 4 Be patient**
- 5 Speak softly**

I stay calm for Allah.

Remember

When I am patient:

- Allah loves me.
- My heart feels calm.
- My words stay kind.
- I become a better Muslim.

Allah loves patient people.

Stay calm. Be patient. Smile.

